Sprouted Moong dal Curry

Ingredients :
3 cups – Sprouted Moong dal
1/2 cup – Toor dal
2 – Potatoes
1 – Carrot
2 – Onions
2 – Tomatoes
1 tsp – Ginger garlic paste
1 / 2 cup – Coconut (grated)
1 tsp – Turmeric
1 tsp – Red chilli powder
1 tsp – Mustard seeds
1 tsp – Jeera
Curry leaves
Coriander leaves
Oil
2 tsp – Ghee
Salt to taste

Method : Boil toor dal, potato, and carrot in pressure cooker. Smash toor dal well. Cut potato and carrot into big pieces and keep aside. Grind grated coconut and coriander leaves coarsely and keep. In a kadai, take 2tbsp of oil, add mustard seeds, Jeera and curry leaves. Add onion and fry till brown. Add ginger garlic paste and fry for 1 minute. Add tomatoes and fry till oil separates. Add sprouted pulses and fry for 10 minutes along with the coconut and coriander paste. Add turmeric, chilli powder and tamarind paste, stir for 5 minutes. Now add the smashed toor dal, potatoes and carrot to this and let it boil for another 8- 10 minutes. Add salt and water as per your requirements. Garnish with coriander, grated coconut and add ghee. Serve hot with rice or chapattis